

Laws of Health Program

Godly Trust

- Make a decision to fully surrender your heart to God.
- Confess and Forsake all known sin.
- Develop a relationship/friendship with the Lord by spending time with Him in morning and evening devotion daily.
- Spend time in Bible study and Prayer.
- Make a habit of turning over all of your burdens, challenges, & cares to God. This is true "Stress Management".

Open Air

- The best air to breathe is outdoors early in the morning (especially after a rain fall).
- If possible, perform a cardiovascular exercise outdoors
- Keep windows cracked to ventilate home day and night in all four seasons
- Furnish the home with living plants (They also produce negative ions)

Daily Exercise

- Consult with your physician prior to incorporating any exercise program
- Start walking at a moderate pace; if there is a limited physical ability, begin with 10-15 minutes (or whatever is appropriate), then increase the time up to one hour
- Take a 10 minute "stroll" after meals to help facilitate good digestion

Sunshine

- Get a daily exposure of 15-30 minutes preferably before or by 10am or after 4pm, (UV rays are very strong in the interim)
- Decreases cholesterol in the body
- One of the most effective germ killers known to man
- Reduces blood pressure 6 to 8 points
- Facilitates weight loss by stimulating the thyroid gland, which increase hormone production
- Helps regulate blood sugar levels
- Assists in soothing the nerves

Proper Rest

- Implement a regular set time for going to sleep and rising in the morning.

- Go to bed early. Every hour of sleep before midnight is equivalent to two (2) hours of sleep after midnight
- Go to sleep on an empty stomach
- Sleep in a dark quiet room with a fresh air current

Lots of Water

- Water helps regulate body weight
- Water promotes proper blood circulation
- Water assists the body with digestion and food absorption
- One should drink enough water such as that the color of urine is clear

Always Temperate

- Avoid the use of blood stimulating spices (nutmeg, cinnamon, hot pepper, cayenne pepper, hot sauce, cloves, black & white pepper, curry, mustard, ketchup, vinegar etc.)
- Eliminate chocolate and foods containing chocolate and cocoa
- Avoid the use of “refined” products
- Do not eat between meals (Give at least five hours, before you have another meal)

Nutrition

- Eliminate “white” products from the diet (that are not naturally white) this includes: white rice, white pasta, white flour, white macaroni, white bread, white sugar, white starch, etc.
- Eliminate all animal products from the diet: all flesh (chicken, beef, fish and the like) as well as eggs and dairy products
- Eat a diet consisting of fruits, grains, nuts, seeds and vegetables
- Sweeteners: Use fresh or dried fruit, honey, pure maple syrup, molasses etc. *Please use judiciously*
- Eliminate hydrogenated oils, margarines, & shortening, instead use cold pressed olive oil judiciously
- Do not eat fruit and vegetables at the same meal

Meal Planning

Principles and Suggestions

*Meals should be eaten on a regular daily schedule. *Meals should be spaced 5-6 hours apart with a space between the last meal and bedtime. *It is best to drink water 2 hours after a meal or 15-30 minutes before the meal. *Meals should be eaten in order _____ Breakfast Time between _____ am to _____ am

Example Meal Structures

Meal 1-- Breakfast	
I. Fresh fruit--3-5 servings (2-3 pieces)	
II. Cooked whole grain, <i>EF Vol. I, p.60</i> (and legumes, optional, <i>EF Vol. I, p.78</i>)	
a. Grain/Nut Milk (Optional)	
b. Seeds (Optional, but highly recommended)	
1) 1/4 c. Pumpkin Seeds--Eaten whole or grounded	
2) 2 Tbs. Freshly grounded flax seed	
III. One handful of nuts or 1-2 slices of whole grain bread w/ a natural nut butter, <i>EF Vol I.,p. 52</i>	

Meal 2-- Dinner		Dinner Time between
I. Raw Vegetable Salad (atleast 1/2 plate); Homemade Salad Dressing (Optional), <i>EF Vol. 1, p.98</i>		
II. Whole grain/Potatoes--examples incude whole grain pasta, breads, brown rice, or potatoes		
Vegetables--Green, Yellow/Orange, and/or Red/Purple, <i>EF Vol. I, p.99</i>		
Protein--Nut Loaves, Beans, Etc.--(**See Recipes)		
III. Dessert (optional)--Dessert containing nuts or nut butters are ideal, but none with fruit (**See F		

Meal 3--Light Supper

NOTE: Eating two meals a day, instead of three, is highly recommended; eating two meals affords specifically the digestive organs, an opportunity to rest. If a third meal is taken, it should be at least 4-5 hours before bedtime. Additionally, if herbal therapy is needed, it may be taken or applied at this time.(See EMP Vol. I and II)